



Open Call for Products Capable of Delivering NHS Digital Health Checks



DIGITAL HEALTH. UNLOCKED.

ORCHA are working with Public Health England to identify Digital Health Products and Services that are capable of delivering or supporting the delivery of the key elements of the current NHS Health Check. ORCHA are assisting PHE to identify digital solutions which will be tested in a small-scale pilot in England in early 2021.

The NHS Health Check

The **NHS Health Check** is a **health check-up** for adults in England aged 40 to 74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As the population gets older, there is a higher risk of developing one of these conditions. An **NHS Health Check** helps find ways to lower this risk.

The NHS Health Check pathway is summarised in figure 1. The intention is to identify existing digital products which are able to replicate a complete NHS Health Check digitally, as detailed here.

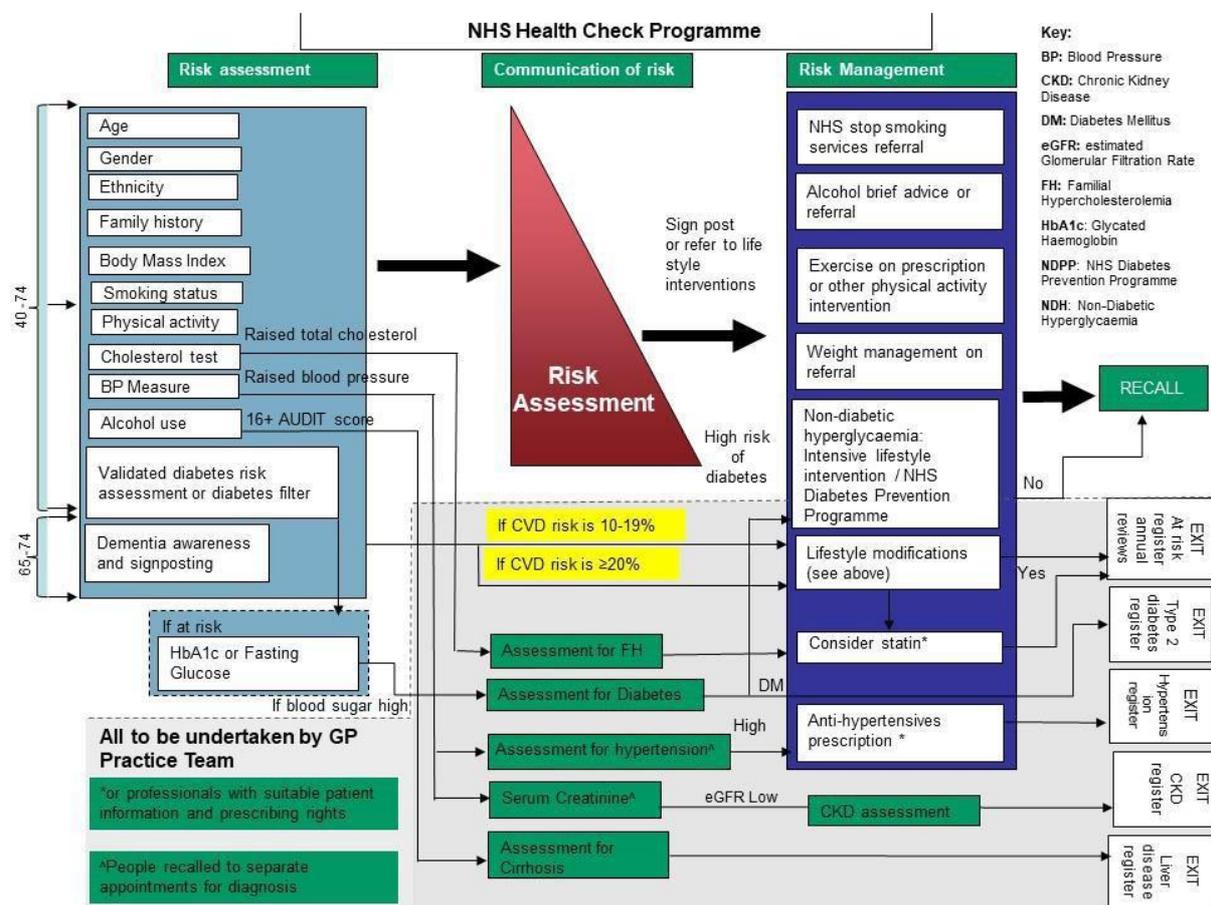


Figure 1: NHS Health Check Pathway

Core Solution Requirements

We are interested in Digital Solutions that can deliver the following **core elements**:

Information capture:

The Digital NHS Health Check needs to be capable of capturing and recording the following information relating to the person undergoing the NHS Health Check:

- (a) age of the person;
- (b) gender (being the person's reported or phenotypical gender);
- (c) smoking status– using categories as defined in the QRISK tool;
- (d) family history of coronary heart disease in any parent or sibling when the parent or sibling was aged under sixty years;
- (e) ethnicity- using 2010 census groups;
- (f) height and weight (for BMI);
- (g) cholesterol level– total cholesterol and cholesterol ratio;
- (h) blood pressure;
- (i) physical activity levels, from the GPAQ being categorised as inactive, moderately inactive, moderately active or active;
- (j) alcohol consumption using FAST or AUDIT-C and, where appropriate full AUDIT

It is important that the information capture capability is intuitive and accessible to all user types.

Information Analysis

The Digital solution also needs to be capable of:

- (a) calculating the cardiovascular risk score (ie, a score relating to the person's risk of having a cardiovascular event during the ten years following the health check); using the information recorded under (a) to (h) above and an appropriate risk engine (ie, software which will predict cardiovascular risk based on the population mix within the local authority's area) e.g Qrisk
- (b) calculating the Fast or AUDIT score and then full AUDIT for people with an AUDIT-c score above 5. Calculate AUDIT score using the World Health Organisation Alcohol Use Disorders Identification Test, Guidelines for Use in Primary Care, Second Edition
- (c) calculating Diabetes risk using a validated diabetes risk assessment or diabetes filter (waist circumference may be required as part of a validated risk assessment)
- (d) calculating BMI

Information Communication

The Digital solution must be able to communicate the following information to the individual based on the information provided:

- a) Smoking status;
- b) body mass index;
- c) cholesterol level;
- d) blood pressure;
- e) cardiovascular risk score;
- f) Diabetes risk score;
- g) AUDIT alcohol score;

h) Physical Activity level

Those age 65-74 should also be provided with information about the signs and symptoms of dementia and available memory services.

The Digital solution should be capable of sharing the information recorded through the check with the individual's GP.

The communication elements of the Digital solution are crucial and must be clear and easily understood for all user types.

Desirable Capabilities

In addition to the core requirements detailed above, it is also desirable that the Digital solution is capable of delivering:

- For all individuals completing the core components:
 - a) Provide tailored information and advice, using behavioural change principles to help users reduce their risk of cardiovascular disease.
 - b) Raised cholesterol: notification/onward referral to GP for familial hypercholesterolaemia/statin assessment;
 - c) High blood pressure: notification/onward referral to GP for hypertension assessment and Kidney disease assessment;
 - d) High risk of type 2 diabetes: notification/onward referral top GP for diabetes assessment;
 - e) High alcohol use: notification/onward referral top GP for liver cirrhosis assessment;
- For relevant triggers, signposting/referral to the following:
 - NHS Stop Smoking services referral
 - Alcohol brief advice or referral
 - Exercise on prescription or other physical activity intervention
 - Weight management on referral
 - Other Lifestyle modifications services

Note: there are specified thresholds to trigger referral/signposting. Further information can be found in the [NHS Health Check best practice guidance](#)

Quality Standards for Digital solutions

It is important that any potential Digital solution is capable of meeting - as a minimum - the following quality standards:

- [Digital Technology Assessment Criteria](#) for Health and Social Care (DTAC)
- [NICE evidence standards framework for digital health technologies](#)
- [BSI PAS 277](#) for developing, testing and releasing health and wellness apps.

How to respond?

If you have a Digital solution that meets the core requirements and the minimum quality standards outlined above, please complete the survey [here](#) and submit this to us by no later than 12:00 noon on the 16th December 2020.

If you have any questions relating to any of these requirements please contact us at reviews@orcha.co.uk before the 14th December 2020.

The ORCHA Team